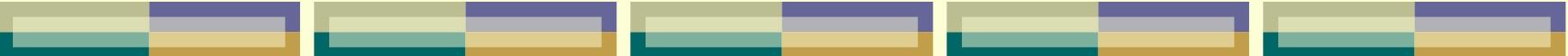


Diets De Jour

Tinsika Riggs
LT, MSC, USNR
Registered Dietitian





Objectives

- Describe all those diets
- Describe the role of eating patterns and portions in weight control
- Develop effective weight loss goals
- Definitions of success

Categories of Diets

- High-Fat, Low-Carb
- Moderate-Fat, Balanced Nutrition
- Low-Fat, Very Low-Fat



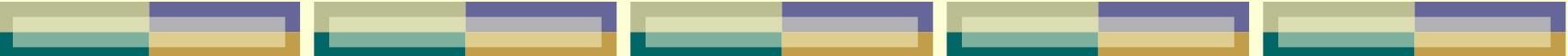


High-Fat, Low-Carb Diets

55-65% Fat, < 100 g CHO/day

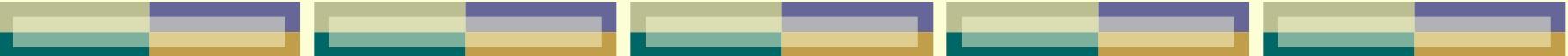
- Atkins
- Carbohydrate Addicts
- South Beach
- Protein Power

- Claims:
- Calories don't count
 - Carbs are addicting
 - Most overweight individuals don't overeat
 - Ketosis is a reliable indicator of fat mobilization



The Research

- No scientific evidence exists to suggest that low-CHO/ketogenic diets have a metabolic advantage over more conventional diets for weight reduction
- In all cases, individuals on high-fat, low- CHO diets lose weight because they consume fewer calories



The Research (cont)

- Early days of diet, weight loss partly due to water loss.
- Short term, diet causes greater loss of body water than fat. Water weight regained when diet ends.
- If diet maintained long-term it results in loss of body fat



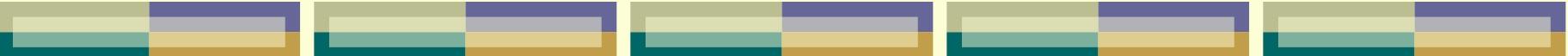
The Research (cont)

- Ketogenic diets may cause a significant increase in blood uric acid levels
- Acidification of blood increases activity of osteoclasts and inhibits activity of osteoblasts. Concluding that a diet high in meat but low in fruits/veg could lead to bone loss



Adverse Effects

- ➊ Few clinically significant adverse effects have been reported.
- ➋ Some reported side FX include: halitosis, constipation, dizziness, HA, insomnia, nausea, weakness, fatigue



Moderate-Fat, Balanced Nutrition

20-30% fat, 15-20% protein, 55-60% CHO

- Weight Watchers
 - Nutrisystems
 - Jenny Craig
 - Food Guide Pyramid
 - DASH diet
 - National Cholesterol Education Program Step 1 and Step 2
- 



Moderate-Fat, Balanced Nutrition

The Claims

- Weight loss occurs when body is in negative energy balance calculated to provide deficit of 500-1000 kcal/day
- Plus a promotion of increased energy expenditure (EXERCISE) provides a slow, steady weight loss of 1-2-#/wk

Moderate-Fat, Balanced Nutrition

The Research

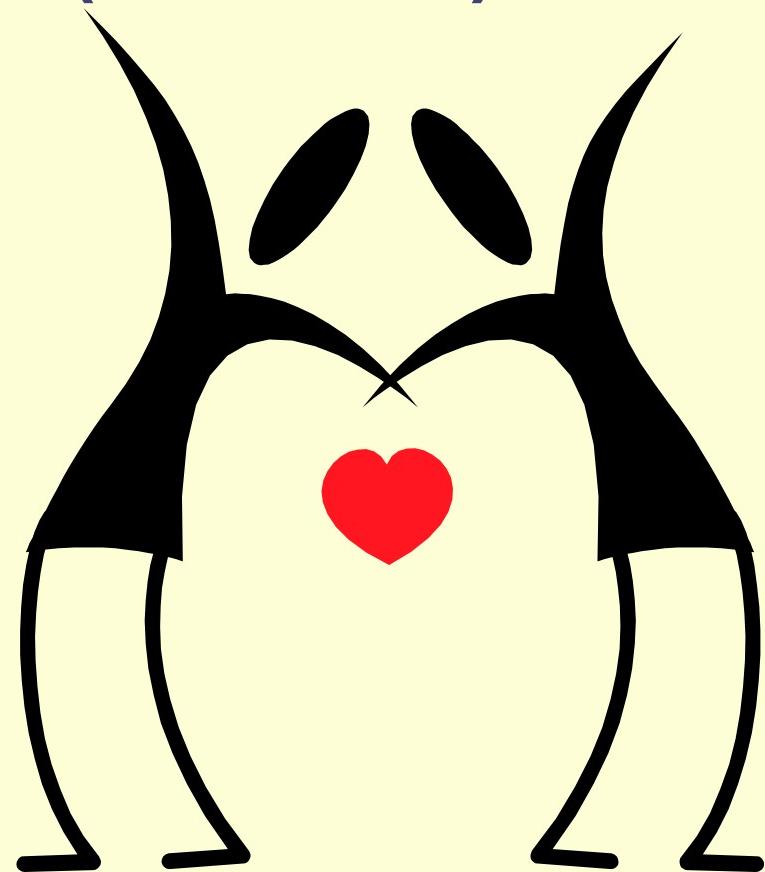
- Little evidence that lower fat diets cause weight loss independent of caloric restriction
- SnackWell example



Low-Fat and Very Low-Fat (11-19%) (<10%)

● Pritikin

● Dean Ornish





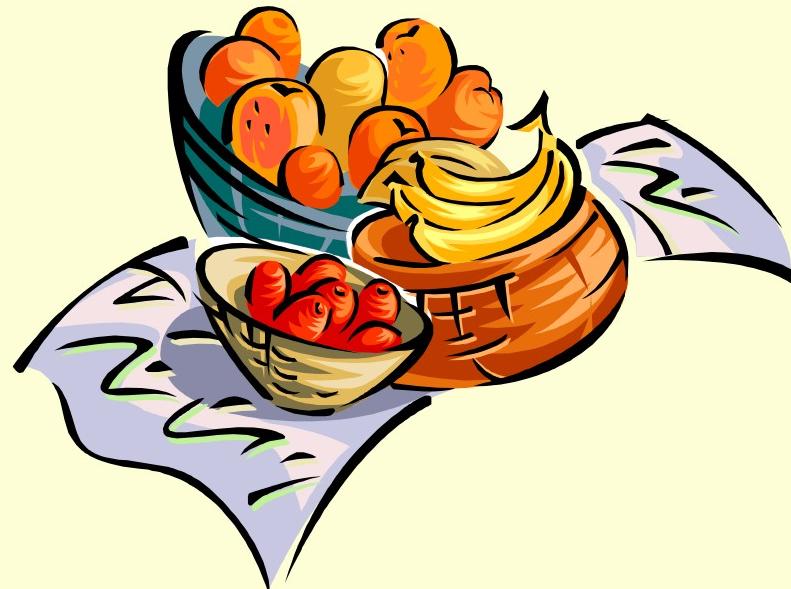
Low-Fat and Very Low-Fat

The Claims

- Not historically promoted for weight loss
- Promoted for prevention/reversal of heart disease
- Later editions focused more on weight loss
- Uses caloric density and total lifestyle modification to improve health, lose weight (no calorie counting)
- Eat as much as you want 6-7x/day

Low Fat and Very Low-Fat

- High in complex CHO's
- High in fruits and vegetables
- Moderate protein in the form of beans, egg whites, non-fat dairy, soy products





Low Fat and Very Low-Fat

The Research: Ornish

- 4 month study
- 250 diverse people, throughout US
- 50% worked full time
- ~50% w/ household income of < \$50K
- ~50% no college degrees

Low Fat and Very Low-Fat

The Research: Ornish (cont)

- ~15# weight loss
(0.94#/wk)
- Increased exercise capacity
- Avg BP Δ
 $152/99 \rightarrow 131/76$
- (+) DM: BG's Δ
 $156 \rightarrow 126$ mg/dL



Portion Distortion

- Portion sizes in the US have dramatically increased in the last 30 years
- This, and the decrease in activity has contributed to the obesity epidemic



The Increase in Food Portion Sizes Since the 70's

Food	Portion Size Increase
Cookies	700%
Pasta	480%
Muffins	333%
Steaks	224%
Bagels	195%

Consumption Study

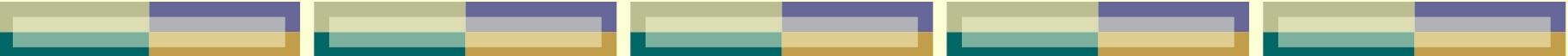
- When served a 12" sub -vs- 6" sub
- Women consumed 31% more (159 kcals)
- Men consumed 56% more (355 kcals)
- Hunger and fullness did not differ from 6"-8"-10"-12" subs.



Consumption Study (cont)

- When served bigger portions consumers override or adjust their level of satiety to accommodate greater energy intakes.





People Will Still Eat it All

-Regardless of amount served in restaurants, 67% of respondents said they finished their entrees most of the times or always

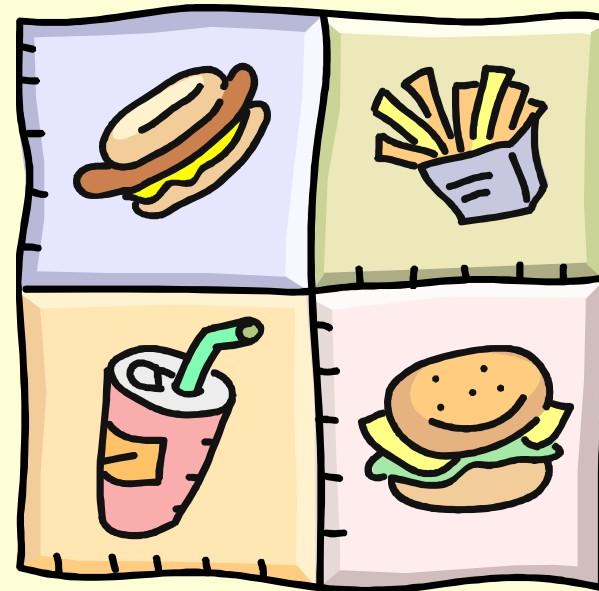
Cinnabon

- Classic Cinnabon
with frosting=
700 kcals, 24
grams of fat
- Pecanbon: 1,100
kcals, 56 grams of
fat



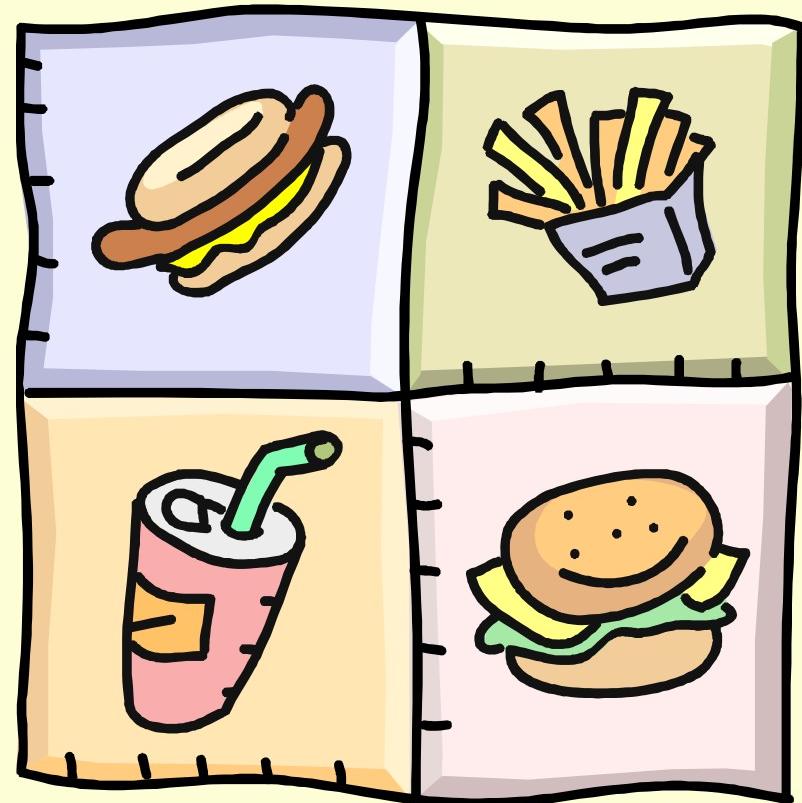
Calories Count Too!!

- Regular Fast Food Meal:
- Reg burger, reg fries, 16 oz soft drink
- =625 kcals, 4 tsp fat (19 grams), $\frac{1}{4}$ cup sugar



Calories Count Too (cont)

- Super Combo:
- Double burger with cheese, supersize fries and large drink
- 1800 kcals, 17 tsp of fat (84 grams), $\frac{3}{4}$ cup sugar.





How to Combat Portion Distortion

- Before eating seconds, wait 20 minutes.
- Eat every 4-5 hours. Healthy between meal snacks help prevent overeating
- Eat out no more than 1-2x/week
- Order the smaller size!





Goal Setting

- Focus on **how** to lose body weight rather than quantity to lose
- Goals need to be **measurable** and **realistic**
- **set own goals based on your obstacles**
- Set no more than 2-3 goals at a time

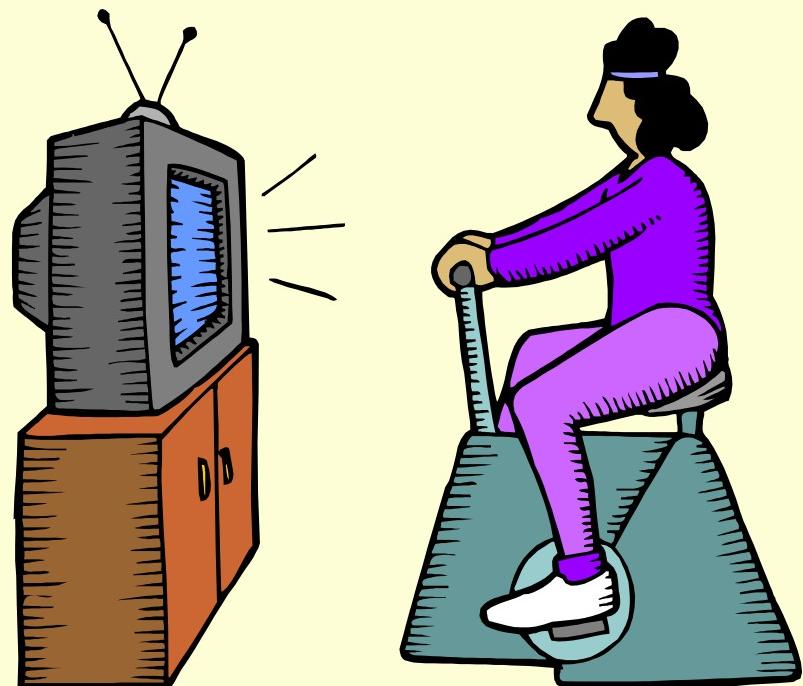


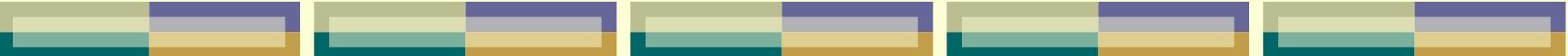
Goal Examples

- I will exercise 5 hrs per week
- I will keep food records 6x/week
- I will eat out 1 x/wk
- I will eat 3 veg and 2 fruits/day
- I will eat 25-30 g fiber/day
- I will use a pedometer and walk 5000-10,000 steps/day 5x/wk

Keeping it Off

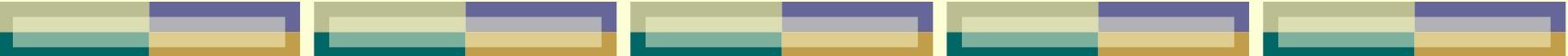
- National Weight Control Registry
- People who have maintained a 30# (13.6 kg) wt. loss for at least 5 years





Keeping it Off (cont)

- Data from registry indicates that successful weight maintainers consume a low-cal diet (~1500 kcals)
- Data supports that a low-fat, low-cal diet most effective in maintaining wt. loss
- ~40g fat (24% of energy)
- 200 g CHO (56% of energy)
- 70g pro (19% of energy)

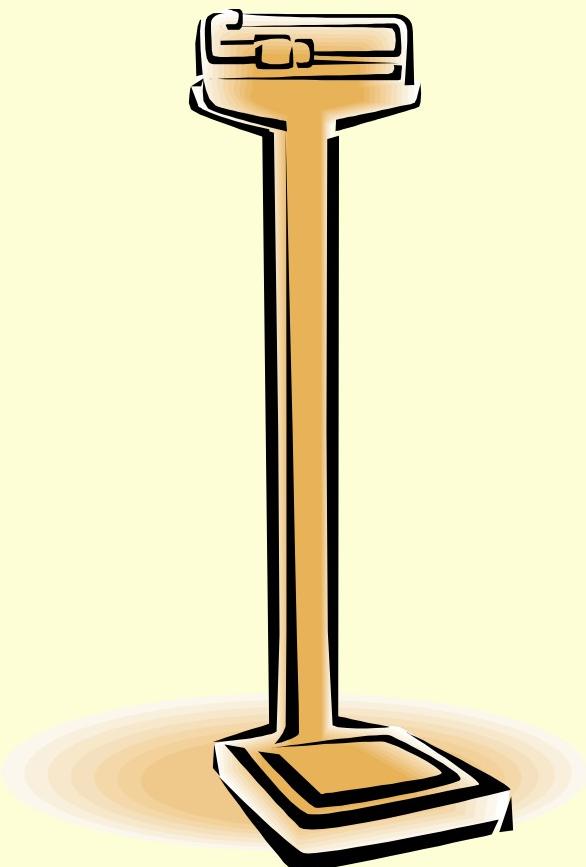


Keeping it Off (cont)

- Increased activity and decreased consumption of high-fat (fast food) also key variable.



Weight Loss Success is Not Exclusive to the Scale

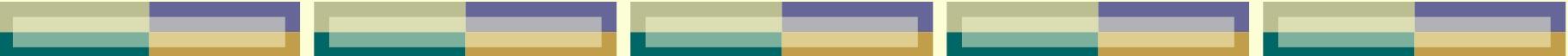


- Are your clothes feeling looser?
 - Improved fitness level?
 - Less fatigue?
 - Improved labs: BP, lipids, BG's?
 - Following goals?
- 



References

- Obesity Research Supplement: Popular Diets: A Scientific Review. Freedman, King and Kennedy 2001;9 (suppl 1): 15-405
- Low Carbohydrate Diets as Compared to Low-Fat Diets; N Engl J Med 2003; 349:1000-1002, Sep 4 2003.



Questions?





Websites

- National Institutes of Health:
Healthy Weight, menu planner:
<http://hin.nhlbi.nih.gov/menuplanner/>
- American Dietetic Association
<http://www.eatright.org/Public/>
- Navy Environmental Health Center:
Nutrition for AD:
<http://www-nehc.med.navy.mil/hp/nutrit/index.htm>